

UNCLAS

MSGID/GENADMIN/-//

SUBJ/PREVENTION OF HEAT RELATED INJURIES//

REF/A/MCO 6200.1D CH 1/-/-/-/-/-//

REF/B/NAVMED P-5010.3/-/-/-/-/-//

REF/C/BATTALION ORDER /6200.7H/-/-/-/-/-//

REF/D/GROUP ORDER 6200.1F/-/-/-/-/-//

RMKS/ALTHOUGH HEAT RELATED INJURIES CAN OCCUR ANYTIME DURING THE YEAR, THE SUMMER SEASON IS UPON US AND THE THREAT OF HEAT RELATED

INJURIES INCREASES DRAMATICALLY. HEAT RELATED INJURIES/STRESS ARE

SERIOUS AND, IF NOT PROPERLY ATTENDED TO, CAN BE LIFE THREATENING.

THIS PAST MONTH THE GROUP HAS SUFFERED TWO HEAT STROKE INJURIES. BOTH WERE RELATED TO PHYSICAL FITNESS TRAINING. HEAT RELATED INJURIES CAN BE PREVENTED. THE FOLLOWING GUIDELINES PROVIDE INFORMATION IN PREVENTION, RECOGNITION, AND INITIAL TREATMENT OF RELATED INJURIES.

A. ACCLIMATION PERIOD

1. ALL NEW PERSONNEL WHO HAVE ARRIVED IN OKINAWA ARE REQUIRED TO UNDERGO A 45 DAY ACCLIMATION PROGRAM.

2. WHEN A YELLOW FLAG (TEMPERATURE 85 F) OR GREATER IS FLOWN, PHYSICAL TRAINING WILL BE HALTED FOR ALL PERSONNEL WHO HAVE BEEN IN OKINAWA FOR LESS THAN THE REQUIRED ACCLIMATION PERIOD.

3. BECAUSE THE POSSIBILITY EXISTS OF DESENSITIZATION, ALL PERSONNEL WHO RETURN FROM BEING IN A COOLER CLIMATE FOR A PERIOD OF TWO WEEKS OR LONGER NEED TO BE RE-ACCLIMATED UPON THEIR RETURN.

B. TYPES OF HEAT RELATED INJURIES

1. HEAT CRAMPS

SYMPTOMS:

-CRAMPS IN THE ARMS, LEGS, OR ABDOMEN

TREATMENT:

-REST

ORAL REPLACEMENT (HYDRATION) OF WATER AND ELECTROLYTES

2. HEAT EXHAUSTION.

SYMPTOMS:

-EXCESSIVE SWEATING, SKIN IS SWEATY, COOL, AND CLAMMY.
INDIVIDUAL MAY COMPLAIN OF A HEADACHE, WEAKNESS, NAUSEA AND
DIZZINESS.

-RAPID BREATHING.

TREATMENT:

- SUMMON MEDICAL AID.
- MOVE MARINE/SAILOR TO A COOL SHADED AREA.
- LAY CASUALTY DOWN AND ELEVATE THE LEGS 4 TO 6 INCHES OFF THE
GROUND.
- LOOSEN ANY RESTRICTIVE CLOTHING AND/OR EQUIPMENT.
- IF VICTIM IS CONSCIOUS, GIVE THEM LIBERAL QUANTITIES OF WATER
IN SMALL AMOUNTS.
- INTRAVENOUS REPLACEMENT OF FLUIDS AND ELECTROLYTES IS USUALLY
REQUIRED.

3. HEAT STROKE (IS A MEDICAL EMERGENCY)

SYMPTOMS:

- LACK (CESSATION) OF SWEATING.
- HOT DRY SKIN, FLUSHED FACE AND RAPID PULSE.
- DISORIENTATION, CONFUSION, HEADACHE AND POSSIBLE DELIRIUM AND
UNCONSCIOUSNESS.

TREATMENT:

- PRIMARY CONCERN IS TO LOWER THE BODY'S TEMPERATURE AS QUICKLY
AS POSSIBLE
- SUMMON MEDICAL AID.
- MOVE MARINE/SAILOR TO A COOL SHADED AREA AND REMOVE CLOTHING
- POUR WATER OVER VICTIMS ENTIRE BODY; FAN BODY TO REMOVE HEAT
AND COOL BODY DOWN.
- NEVER GIVE AN UNCONSCIOUS PERSON WATER BY MOUTH.
- IF VICTIM IS CONSCIOUS, GIVE LIBERAL QUANTITIES OF WATER IN
SMALL AMOUNTS.
- INTRAVENOUS REPLACEMENT OF FLUIDS AND ELECTROLYTES IS REQUIRED.

4. TO PREVENT HEAT RELATED INJURIES

-HYDRATE: WATER AND DILUTED SPORT DRINKS SHOULD BE CONSUMED
BEFORE, DURING AND AFTER ALL SPORTING EVENTS AND FIELD/DRILL
EVENTS/EXERCISES.

RULE A THUMB: 1 PINT OF WATER SHOULD BE CONSUMED FOR EVERY 15-
20 MINUTES OR 1 LITER OF WATER EVERY HOUR.

-DIET: AN ADEQUATE DIET TO INCLUDE REGULAR BALANCED MEALS AND
ADEQUATE AMOUNT OF SALT.

-EXERCISE PERIOD: COOLER TIMES OF THE DAY ARE THE BEST. EARLY
MORNING OR EVENING IS USUALLY THE COOLEST TIME OF THE DAY.

TEMPERATURE AND THE HUMIDITY SHOULD BE KNOWN PRIOR TO
EXERCISING.

-ATTIRE/CLOTHING: AVOID WEARING HEAVY COTTON AND PLASTIC TYPE SWEAT SUITS. LIGHT, COOL CLOTHING MADE OF NATURAL TYPE OF FIBERS.

-AVOID DEHYDRATION: EXCESSIVE CONSUMPTION OF CAFFEINE FROM SUCH PRODUCTS AS COFFEE, TEA, AND ALCOHOL AND CERTAIN MEDICATIONS CAUSE DEHYDRATION.

C. HEAT CONDITION FLAGS

1. HEAT CONDITION IV, GREEN FLAG: STRENUOUS EXERCISE FOR UN-ACCLIMATED TROOPS WILL BE CONDUCTED WITH CAUTION AND UNDER CONSTANT SUPERVISION.

2. HEAT CONDITION III, YELLOW FLAG: STRENUOUS EXERCISE WILL BE SUSPENDED FOR UN-ACCLIMATED TROOPS IN THEIR FIRST THREE OR FOUR WEEKS. OUTDOOR CLASSES IN THE SUN SHOULD BE AVOIDED.

3. HEAT CONDITION II, RED FLAG: ALL PHYSICAL TRAINING WILL BE HALTED FOR THOSE TROOPS WHO HAVE NOT BECOME THOROUGHLY ACCLIMATIZED BY TWELVE WEEKS OF LIVING AND WORKING IN THE AREA. ACCLIMATIZED TROOPS MAY CARRY ON LIMITED ACTIVITY NOT TO EXCEED SIX HOURS PER DAY.

4. HEAT CONDITION I, BLACK FLAG: STRENUOUS ACTIVITY WILL BE HALTED FOR ALL TROOPS EXCEPT FOR EMERGENCY REQUIREMENTS.

5. POC CONCERNING THIS MSG IS LCDR SOKOLOWSKI, GROUP INDUSTRIAL HYGIENE OFFICER WHO CAN BE REACHED AT DSN 637-4358.

6. BGEN WILSON SENDS

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